

# BRIDGES

WEDNESDAY, AUGUST 14, 2013

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meets street art in  
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A STARPHOENIX COMMUNITY NEWSPAPER

## NO AIRS ABOUT HER

DOWN-TO-EARTH  
SHEILA COLES  
STILL LOVES HER JOB  
AFTER 20 YEARS P. 8



FREE



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## # ON THE COVER PG. 6



Sheila Coko has hosted CBC's 'The Morning Edition' for 20 years. PHOTOS: PHOTO BY BRYAN SCHLOSSER

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## # MY FAVOURITE PLACE PG. 5



McHeart stands in her backyard. PHOTOS: PHOTO BY MICHELLE BERG

## BRIDGES COVER PHOTO BY BRYAN SCHLOSSER

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# IN THE CITY

# AUG. 6, 2013 — 9:39 A.M.

## A time for worship and celebration



Thousands of Muslims attended prayer services in Glendale's Palms Park on Friday, marking the start of the holy month of Ramadan at Cross Union Center. Photos by Paul D. Morse

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

# Home is where this Heart is

By Angelina Irinici

When Val Heart went through a difficult divorce two years ago she found different ways to cope with the transition. One was through the making of her backyard in North Park. It's filled with neat odds and ends like upcycled birdhouses, home-made bird baths and make-shift vases filled with gumpoetry. She also finds old scrap metal and other items that she refurbishes into backyard decorations. Most special is Heart as the heart-shaped rocks that she's collected over the years. Heart was not able to show her backyard in March as it legally changed, it is what she looks forward to most to like spending plenty of time relaxing and soaking it all in her favorite place; her very own backyard.

**Q** Why is your backyard so special to you?

A It's just a serene place to find peace and balance in our busy lives. It looks natural and creative. It's an oasis. It's a safe haven here I feel like I am as a vacation all the time. It's a four season backyard because I have a hot tub so I am in it all the time. It's a special place to step and connect and get back to nature and be thoughtful, later, and be quiet. I meditate back here and get lost in my thoughts. My gardening is on dana, it's not perfect. There are weeds at times and there always will be. I like to get back to nature and find a place for my treasures that I find when the paddling.

**Q** What are your passions?

A I like to refurbish and recycle things so they don't sit in the garbage. The treasures see the heart shaped rocks and realize that I make out of discarded wrought iron and old farm displays that I've deconstructed. Things that mean something to me when I find them. It's a cool thing to be able to do. It makes me very soulful. I guess my yard is an extension of myself because I recently changed,



Val Heart sits in her backyard oasis. Her rock heart rocks, collected over the years. BRIDGET PHILPOT/WINNIPEG FREE PRESS

my last name to Heart. The benefits to me, make leave, joy, and connection. I also have the passion of finding these rocks to pay my rent. It's a place where I can come out and see that I do a body prayer in my backyard which has been the word around us.

**Q** What's your body prayer?

A I was going through a very hard time in my life, a transition. My yard is always a transition, too, so I really connected with that. I created this body prayer when I was paddling

with some women, and it speaks to me that I need to be in a special place to do that. It connects with my mind and helps me get through changes. I do it at least twice a day.

Open your heart as I can have no comment. In my earthly heart and be empowered with joy!

**Q** How much time do you spend back there?

A It's less often than I'd like lately. I do a lot of brainwashing back here

and thinking. It's a good place just to relax, to let the thoughts and ideas flow. I'd go out maybe twice a day. I don't normally change the gear, climbing sand or cutting the grass, but to me it's not a choice. It doesn't take a lot of work, surprisingly enough.

**Q** What is the significance of the heart rocks?

A When I started keeping them they really became special. It was my way of partaking something back to remember that particular paddle that day. I started putting them at my feet of the lake, and when I had to let go of the lake I took them with me. I brought a car load of rocks (laughed) — it was important to me. I was able to find a place for them here. It's a reminder to me that I was connected. When I find a heart shaped rock I am connected. It's a tradition now. Every time when I go out paddling I have to find at least one. Everybody knows me as the heart lady and people look for rocks for me.

# CITY FACES

# YARNDOMBING

## Domestic craft meets street art

By Ashley Martin

Bombing is aggressive, destructive language. Add a simple four-letter word to it, though, and you have something bright and positive.

Yarnbombing is a relatively new form of street art that, over time, knits or crochets, plays across public artifacts — trees, shopping cart handles, bike racks — and sometimes on larger scale items like city buses and phone booths. Since its American origin in 2005, it has become an “international phenomenon,” said yarn bomber Jennifer Shelly Kerecinski.

“It’s really beautiful because it’s more inclusive, and it’s really bright and cheerful. The way that people reacts to it is a lot of quality, a really different than other forms,” said Shelly Kerecinski, a fine arts student at the University of Oregon who signs her pieces *Jen 88*.

“The medium itself, it has domestic connotations and everyone relates to it in a different way and kind of gets warm fuzzy. And if it’s really nice, pastel, people actually don’t know what it is.”

Her aim is that they will like it, believe the future of art is to facilitate public interaction and bypass institutional structures. *Like galleries. That could alienate people.*

Shelly Kerecinski is a lifelong crafter. She learned to crochet when she was about six years old and learned to knit as an adult.

Handknit appealed her to the rest of her family. As a fourth or fifth-generation knitter, she agrees that the art became “it’s one of the few things we had in common that we could all talk about so it was a way of keeping us together.”

She found out about yarnbombing three years ago through a *Thursdays Art Gallery* project and now does it every couple of months.

It’s a curious pastime, but nobody has ever spoken to Shelly Kerecinski while she’s yarnbombing.

She got some weird stares the first time and another time people went



Jennifer Shelly Kerecinski (left), Brett Bruns (center) and John Campbell (far right) work on their artwork at the 2012 Street Art Festival behind Victoria Hall in Eugene on Saturday. BRUNN PHOTO BY MICHAEL RUELL

out of their way crossing the street to avoid passing by her.

At the June Street Art festival in Eugene, where Shelly Kerecinski lived for ten years, people mostly stopped and stared at the year-round art. When asked if she thought it’s a groundbreaking answer, though, the responses weren’t so enthused.

“I think it’s common. Last weekend, when I collaborated with Connor West to lead a yarn bombing tour and break Regal’s Victoria Park,” she noted.

She noted “lots of wonderment” — things like “It’s crazy that it’s crocheted.” “I think it’s really surprising.”

People who knit or crochet usually stand there time-consuming it is.

“It’s really phenomenal, the hours that it takes to make some of the pub art things,” said Shelly Kerecinski. She does each project knowing she won’t get it back.

The art nature of street art — it’s often done, unperceived by the community, or it gets taken down.

Shelly Kerecinski, mostly likes it is a full-time job. She spends at least eight hours a day knitting or crocheting, whether it’s in her studio on campus working on pure hand-knit sculptures for her degree, or just to pass the time between classes at home. It’s a solo art form to do around her three-year-old son, Loki, so children are involved.

“It’s really meditative for me; it’s something I have to do.”



Artist and yarnbomber Jennifer Shelly Kerecinski led a yarnbombing session at Saturday's Street Art Festival in June. BRUNN PHOTO BY MICHAEL RUELL

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# ANNETTE BOWER

## A love story with a serious theme

Have you ever wondered what it would be like to live in someone else's body, to experience the world the way they do?

Fiction allows that chance, and in my novel, *Woman of Substance*, the main character, Robbie Smith, goes one step further and dares a bit farther to discover firsthand how badly women are treated by society.

Robbie's research values may differ from her thesis adviser and more complications occur when Robbie starts to fall for Jake, the new colleague who knows her both as a sitar work supervisor, and as his grandfather's overwrought and potentially warped friend.

Robbie and Jake need to learn to trust, to see beneath the surface to regular appearance

way not, in fact, he really. But can they get beyond their fears and suspicions, to accept their friendship and let it develop into love?

Like my first book, *Moving On*, *Woman of Substance* is set in Abbotsford, Okanagan On St. Regna Beach Women in Granite.

*Woman of Substance* also features women characters you might meet any day at the supermarket, cinema or dog park—people you like, you and me, struggling with lies and acceptance, celebrating love.

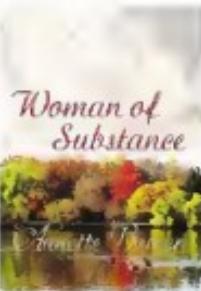
It explores another serious subject, too, trust, dealing with extremes, physical appearance, shyness and self-doubt.

And *Woman of Substance*, like *Moving On*, is available in electronic format for e-readers such as Kindle or Kindle for the appropriate app on your tablets. As a writer, I am excited about this, because it makes my work instantly accessible to anyone, anywhere in the world with an internet connection and a reading device. I have an audiobook. You hear about a book or see either by the cover, and minutes later, you're reading it!

So it's time to close the covers on 30 stories, open the blinds and use your imagination about the friendship leading to love right here in our own backyard. Robbie and Jake are our neighbours, the source they find are our destination; these dreams are a positive reflection of love.

Download today. Buy paper, save a writing, buy a book.

Annette Bower lives in Regina. For more about *Woman of Substance*, and books to purchase visit [www.annettebower.com](http://www.annettebower.com)



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# ON THE COVER

# RADIO HOST

## After 20 years on air, work is still exciting for Coles



Sheila Coles, host of CBC Radio One's *The Morning Edition*, celebrated her 20th anniversary with CBC stations on June 20. [www.cbc.ca/radio/one/index.html](http://www.cbc.ca/radio/one/index.html)

**By Ashley Martin**

In a rare role as interviewer on June 20, the celebration of her 20th anniversary as host of CBC Radio One's *The Morning Edition*, Sheila Coles

spent half an hour in the hot seat, answering questions from listeners and public figures. Author Yann Martel got right to the point.

"Your question was, was I happy?" It seemed she was.

For 20 years, Coles has loved her

job. "How many people can say that?" She hasn't been home "not one wimpy day" and considers herself lucky.

Before being admitted to the Oral version of Regis' School of Journalism in 1981, Coles was asked why she wanted to be a journalist.

"I said because every day is different and you learn new things every day about people and what makes them tick."

That remains true. Though she's gone to be on the receiving end of in-

terviews, Coles prefers to be the one asking the questions.

She was a teenager when she first realized the power of an interview. It was only in part influenced by her father Russ Taylor, a journalist and founder of *The Fifth Estate*.

Every day there are all these great narratives from Saskatchewan people. It's a privilege to be able to ask them questions and talk to them about their lives. - Coles



Host of The Morning Edition on CBC, Sheila Coles teaches a course on interviewing at University of Regina journalism students. **REGINA PHOTO BY MIKE SCHAFFNER**

He was producer of the supper hour TV news in St. John's, Nfld., at the time, so the family moved in every evening. Rex Murphy has said Coles' recall has no bearing with the present-day Lucy household.

"I picked my head out of the sand and went 'wow' because there were real fireworks in that interview," said Coles, who resolved an interview can be a pretty amazing thing. "It was her words that really got me thinking if you ask the right questions."

When she was in her early 30s, living in the Channel Islands, U.K., she fervently pursued a goal of a teaching career due to the influence of her boyfriend of the time, a reporter for the Jersey Evening Post. Shadowing him on assignments, she realized her calling, even though she already had an education degree from Memorial University in St. John's and had taught one year in Newfoundland.

Through the U of R, she landed an intern-

ship, then a job, at CBC Radio in Regina. She has "no regrets" about dropping out of university school before graduating.

"I'd never advised anyone now to quit, but it is a different time," said Coles. She also jokes the U of R should give her an honorary degree since she has taught an interviewing course to journalism students for years now.

Post-interviews in the newsroom spent in the same way, especially since Coles' son, Jake, had just won a track record. "When I took this job, I had never stayed in a job for longer than five years and I thought I'm going to give this one at least three."

But she loves going to work every day even when it means living an off-kilter schedule from most friends and family. A friend once remarked, "Lucky you! You have your job in you get to have coffee with people every morning."

Continued on Page B6

# Authentic Amish Cooking



Photo courtesy of authenticfurniture.com

## Tomato Salsa



- 6 qt. Chopped, Skinned Tomatoes
- 1 T. Garlic Salt
- 2/4 C. Vinegar
- 1/4 C. Sugar
- 1/4 t. Salt

Mix if you choose mild, medium or hot. Add bell peppers

- Crushed Red Pepper
- Mild, Medium or Hot
- 3 T., 4 T. or 6 T.

Put whole tomatoes in boiling water. Soak for 8-10 minutes. Put in cold water and peel skins off. Then chop and put in stock pot. Add the rest of the ingredients and bring to a boil. Add thickening at 7/4 C. Perma-Flo until thick. Put in cans and pack for 10-15 minutes in oven canner!

## Stuffed Pepper



- 8 Green Peppers
- 1/2 C. Rice
- 1/2 C. Chopped Onion
- 1/2 C. Ketchup
- 8 lb. Hamburger
- 1/2 C. Water
- 1/2 t. Salt
- 1 can Tomato Soup
- 1 qt. Tomato Juice

Combine hamburger, rice, water, onion, salt and ketchup. Stuff into cleaned peppers. Mix tomato soup with one can milk, or half milk if using tomato juice. Pour over peppers. Bake at 350° for 45 minutes to 1 hour. Top each pepper with a slice of cheese.

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It's different than any other job you could have. It's just a different lifestyle and it makes Sheila part of who she is.

—Leisha Grehinski



Sheila Colvin gets to work at 5 a.m. every day for The Morning Edition's 5 a.m. start time. BRIDES PHOTO BY RIVIN BOGDANOV

Colvin agreed, but amended the statement: "I get to have coffee with the most interesting people in the province."

"And it's true. I'm amazed at the provincial personalities and the people who live as it. There's a saying that people are capable of the best and the worst you can imagine, but in my experience it's even more toward the best."

"Every day there are all these great narratives from bookkeepers,

people. It's a privilege to be able to ask them questions and talk to them about their lives."

For 20 years, the radio show last 6 a.m. has begun in the dark. Colvin gets to work at 5 a.m., the show begins at 6.

"People think you get used to it. You never do. Sometimes it's brutal."

By the end of the show's first hour,

she has usually consumed a big Thomson or coffee.

"Colvin gets me through the day," gets me through the morning," says

After 6:30, when the show is over, Colvin will opt for an hour of quiet time or a run in Wisconsin Park, until the train's 11 a.m. story segment.

She leaves the office around 1:30 p.m. The afternoon might hold a nap to help her over to bedtime, which is theory is at 8 p.m. In practice, it

can be a different story. Part of her job is to represent CMB at certain events, which can make for some late nights.

"An morning show host, we have to dress up in dressing gowns and when you eat and what you eat and if you nap and when you go to bed," says a laughing Leisha Grehinski. Colvin's former colleagues on *The Morning Edition* in its early days of the new CMB Radio show Radiation Morning.

"It's different than any other job you could have. It's just a different lifestyle and it makes Sheila part of who she is. I work before any body else to even up. It's like being backstage at a show or something. It's just this really weird dynamic and that's just as much a part of who Sheila is as the life that she lives."

  
Leisha Grehinski  
Leisha Grehinski is a woman with short brown hair, wearing a red blazer over a white shirt. She is smiling and looking directly at the camera.

People, from the days of sitting around the fire when there were cavemen, enjoyed good narrative about people's joys and people's struggles. It's still that. — Coles



Sheila Coles enjoys collecting Saskatchewan's curious stories at CSC Radio. Photos by ERIN BO-KELLY

Friday night that is usually a write-off. Her husband of 30 years, Terry White, has a long-standing friend date because his wife is here out by a week of early meccano.

Her three children, Luis, Alison and Nathan, are now grown. When they were small, they'd go to bed before their mother, but that didn't last

much longer than a week before. Now, while an interview is in progress, listeners come in via social media and there's a commotion across this the room along with music and other creative touches.

"We'd get some more spontaneous. I probably won't get one letter every two weeks if that."

Even emails have declined as people prefer to comment via social media.

The way they're told stories has changed too — interviews used to be longer and drawn out. Tales. But a good story is still a good story and that hasn't changed.

People, from the days of sitting around the fire when there were cavemen, enjoyed good narrative about people's joys and people's struggles. It's still that.

\* \* \*

The hours haven't changed, but aspects of the job have shifted drastically with technology.

"When I started my job, we still had type writers," said Coles.

"When I started hosting the show, you would get mail with a string on it," she said.

"The way we tell the stories is different; the way people interact with you is different, but at the core our share is about good narrative, it is about what makes people tick."

"I don't care what's on the human experience or going away."

These are the stories that Coles loves to tell. She is blown away by ordinary people in extraordinary circumstances.

"Whether it's the mother who lost her daughter to bullying or the fire chief who had two hours sleep because his community's threatened by geyser under water, these are remarkable stories. Gang members who've got out of the gang lifestyle — you're just as full of admiration for those people," Coles said on page 12.



Sheila Coles with her father, Miles Taylor, in 1979 in Jersey, Channel Islands. (MILES TAYLOR PHOTO)

There's nothing that we're really shy about talking about. If you listen regularly, you probably know Sheila Coles.

- Ted Deller

"These are the amazing stories. Those stories, not the interviews with politicians and celebrities."

Another change in this growing process is CBC's addition of a second morning show in Sudakota. While *The Morning Edition* traditionally covered the entire province, it will now take a step back from the Sudakota area.

*Sudakota Morning* launched online in early May. It will hit the airwaves on 84.1 FM this fall, when a CRTC license is expected to come through. Listeners in the area will still have the option of hearing *The Morning Edition* on 94.0 AM.

I guess you could say it gives people more choice," said Coles.

The two morning shows are working together, trading and sharing news points of general interest. But until *Sudakota Morning* is on the radio waves, it's up to Coles to make sure the regular team

"is well-stocked" every week. The same stories we have been doing 3 years ago. They are on us we'll back away from having as much focus as Sudakota," said Coles.

Grekowski, a former associate producer on *The Morning Edition*, has been coming in to her new host-



Sheila Coles sits down in England and records around a mic before settling in Sudakota. MADDIE PHOTOS/RENA SCHNEIDER

ing role with Coles's encouragement. Over the span of a decade, since Grekowsky started as an intern on Daley's show, the two have developed a close friendship.

"I've felt that Sheila's been very

supportive of me as I've moved into this new role. And part of the rea-

son I wanted to be a lead is because she's inspired me over the years," said Grekowsky.

\* \* \*

Now people in Sudakota can claim elderly status. Coles prob-

ably could, but she doesn't.

She still comes on a surgeon's car when I'm not getting groceries or something like that and someone comes up and says, "Oh you're Sheila Coles. Love your show."

Any debonair she might have had, remained at bay thanks to her

children. "Your kids keep you pretty grounded. When you're just 'mom what's for supper?'

But more importantly the culture of their home is very soon instilled. No one is the star there.

"It's not about one person. They contribute so much. And we don't feel like outsiders too seriously. No one wants to be the center."

The chat as between guests drifts to day to day life, says Ted Deller who has read news on the show for almost a decade.

"We're kind of open books," he said. "There's nothing that we're really shy talking about. If you listen regularly, you probably know Sheila Coles."

"We look at other nuclear families and you think, I don't really know much about that person they never seem to open up and share about what they do in their spare time, but Sheila does about her spare time and the things she's interested in is about."

"There's no art or pretensions or past Sheila Coles, that's who you're listening to and she's telling you pretty much everything that's going on."

"She's just a very likable human being."

## COLES NOTES

■ She is a Triathlete. "I've always loved Star Trek since the first time around and this is what makes my little son who's 9 years younger than me used to sit at my knee and I would tell her about all the characters. I got to interview William Shatner when he was here so that was a big career highlight."

■ Her maternal grandmother Demi Deller was an Esperantist in the south of England. "She was kind of a hippie in the 1940s. Their house was called Ecceca, which means hope in Esperanto."

■ She is a fan of *The Walking Dead*.

■ She is an animal lover who runs outdoor year-round, profiting winter. She usually runs three times a week and has done two half marathons, one with each of her daughters.

■ She loves Reeve and Sudakota equally. "I've Read In both places and I find the people never talk beneath Sudakota," which she considers a second reason. "The first time I moved there, when I mentioned I had moved from Regina, they said, 'Oh you're so lucky to get out of that place' and very critical of Regina. But I don't think people the other way."

■ She's planning a six-month leave of absence, beginning next fall to travel to Southeast Asia. It was inspired by her son who spent four months in Thailand, Cambodia and Laos. "I don't really like to travel by myself. I like to experience places with other people."

■ She lived in China for a year in 1986. Her daughter Alison was born there.

■ She was born in England and moved around a lot as a child living in Venezuela, Newfoundland, Barbados and other places in between.

■ For the past eight years she's gone camping in Northern Saskatchewan with a group of friends called the Sheepfoot Canoe Club. "Northern Saskatchewan is the most beautiful place in the world. You can paddle and go for days without seeing another person. It's so peaceful."

■ She met her husband on her first night in Regina. He was a journalist working down the hall and a CBC senior manager about applying for a job cut out. He didn't get the job, fortunately if he'd gotten the job history would have been different."



Sheila Coles with a costumed Star Trek's Captain Kirk in a set described as "absolutely brilliant" by the Minnows. SUBMITTED

**NEXT WEEK:** How do you make sure your kids are being active enough?

Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # PARENT TO PARENT

Each week Bridges, in connection with [SaskatoonMoms.com](http://SaskatoonMoms.com), gathers advice from parents to share with other moms and dads. This week we asked

# How did you approach maternity fashion?

"Gosh it is! Also make sure to try on clothes so you everyday enough for a new wardrobe in your pants!" — [@newmum](#)

"Research maternity fashion! I immediately headed up to the rack!" — [#JSmith](#)

"This [is] cool – there has been such a change in how maternity garments design & accommodate!" — [Brett\\_Ann\\_Hegge](#)

"A sense of humor and the knowledge that you can always find something A-line, pencil and a couple trips to Maternity Malls and learning about those maternity collectors is also key! The costs down."

"I shopped at The Maternity and the Maternity section of Home Depot. Maternity living is sooo hard – not a large concern. I was never taught on how to be comfortable and look fab while pregnant during pregnancy with both boys." — [Tami\\_Sherp](#)

"I would say there are plenty of ways to be creative with your maternity clothing as long as you're not trying to hide the belly." — [Reen\\_Royant](#)

"It fit so well I stretched it a wee bit!" — [Terri\\_Lesniak](#)

"Maternity Village... cheeze staff! And always right back to the source after baby!" — [Renea\\_Marie](#)

"I shopped at The Maternity and the Maternity section of Home Depot. Maternity living is sooo hard – not a large concern. I was never taught on how to be comfortable and look fab while pregnant during pregnancy with both boys." — [Tami\\_Sherp](#)

"I shopped at places that I liked and looked good. Maternity fashion has come a long way in the last few years. There's a great variety of choices at The Maternity and through online outlets and I have found some. Just because your pregnant doesn't mean you can't still look good!" — [Mike\\_McKee](#)

"You'll find many maternity stores. With my

daughter I've bought one pair outfit at The Maternity when I was there. Looking back, I probably didn't need to buy maternity clothes just yet but I think having just a cat excited me a bit of the clothes online, and also a few more things there. There's..." — [Cheri\\_Miller](#)

"I LOVE doing pregnancy, it was probably the only time in the adult life that I was completely comfortable with how my body looked. I discovered trendy and unique maternity stores like Dylane and Matilda's Maternity, which I probably dressed better than anyone else now. To this day some of my favorite outfit pieces have been maternity ones..." — [Michelle\\_Granata](#)



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that can be bought off



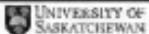
Husqvarna 520R200  
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with Honda engine  
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Dear All and Friends!  
We are honoured to share  
our culture with you! We  
welcome to the Indian  
and Metis Peoples where  
warm welcome and new  
friends are always here for you.  
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your "Home Fine  
Away Indian Home".

**OROMO**

**Henk Ruys Soccer Centre, 219 Primrose Dr**  
In Oromia at any ceremony or gathering, there is good food,  
good entertainment, good fun and cultural dances. Your visit  
to the Oromo pavilion provides it all! We look forward to  
sharing our diverse culture.

**PAKISTAN**

**Henk Ruys Soccer  
Centre, 219 Primrose Dr**

We will be presenting spectacular  
music and dances along with  
delicious food and instructions and  
artistic displays. We are excited to  
share our culture with you all and hope  
you enjoy our festival. 2017. You will  
experience our traditional hospitality and  
appreciate the enriching cultural  
diversity which is the defining  
feature of our heritage.

**IRISH**

**Nutana Curling Club,  
2002 Arlington Ave**

In Ireland, the highlights of any gathering are  
good food, good fun and good entertainment.  
Your visit to the Irish pavilion provides it all!  
Welcome to the last cottage, where there are no  
strangers, only friends you haven't met yet.

**SOUTH SUDAN**

**Henk Ruys  
Soccer Centre,  
219 Primrose Dr**

The South Sudanese people are an integral part of our heritage.  
The most important in our life is culture, culture, the respect of  
others and knowledge of the role they play in the society to  
ensure the social fairness and support of all. South Sudanese  
have the knowledge of connection and keeping culture alive  
while promoting equality.

**LAOS**

**Henk Ruys  
Soccer Centre,  
219 Primrose Dr**

Salavadee, Welcome to the  
Laos Pavilion!  
Embark on a journey and  
discover South East Asia's  
best kept secret. Laos. Sit  
back, relax and let your  
imagination run wild while watching  
our entertainment. We  
welcome you to experience  
the relaxed and  
diverse culture that makes  
Laos simply beautiful!

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# FASHION

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## # REGINA FASHION

### Allan Pulga: The shoes make the man

By Ashley Martin

**Style seems to run in Allan Pulga's family.**

"My grandpa was a really fashionable guy," Even though he didn't have a lot of money he used Salvatore Ferragamo and Gucci to create a sharp look.

"He would always wear fedoras with feathers in them, cufflinks, nice dress shirts and neckties so I think we just kind of inherited that interest in fashion," said Pulga who works in communications at 3M Marmex.

These days his look is classic and minimalist, like Pulga's latest love interests, like a soft denim jacket or sneakers.

"I grew up playing basketball so I've always been crazy about basketball shoes." His style icon was still Smith during his Fresh Prince of Bel-Air days.

He remembers when he was 11 or 12 he saved his allowance for a family shopping trip to Mississauga. He covered that trip with a pair of Nike Air Command Force David Robin son basketball shoes.

There is a photo of him sleeping cradling the shoes against his chest.

"It was just kind of like this guy is destined to be a sneakerhead. He falls asleep with his shoes."

He has about 60 pairs of sneakers lined up in a shiny and white basement.

"When I am downsize it's like I have my own shoe store to pick from which is really fun." He tries to play favourites after taking part in becoming a sneaker head to test out wearing different sneakers for different reasons, and that's why you accumulate so many because five pairs just doesn't do it.

"If you're into collecting stamps or you're into collecting baseballs you like them for subtle differences between them and that's totally how it is with sneakers."



Allan Pulga has a passion for sneakers — he currently owns about 60 pairs. KRISTINA PHOTOS BY DON HEALEY



#### Outfit:

1. **Glasses:** Gucci from Cornwall Optical
2. **Hairline:** Mission Viejo at Cornwall Centre
3. **THE Club Monaco in Winnipeg:** "It's weird I'll go with it but I don't look to match a sweater with a plaid or anything like that. Just whatever looks good."
4. **JACKET:** Banana Republic in Whistler
5. **SHIRT:** J.Crew outlet in San Diego. "I just like simple, uncluttered classic clothes. Things that are timeless and don't go in and out of style."
6. **WATCH:** Timex TIDDD diving watch from Birks in Calgary
7. **BELT:** Bass outlet in Tukwila, Wash.
8. **JEANS:** Levi's 514 from Lons outlet in Lethbridge. "I love denim jeans."
9. **SNEAKERS:** Adidas Rod Laver tennis shoes from Scottsdale, Ariz.

# MUSIC

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# CAILA ELLERMAN

## Lady driver steers a new musical path

I got my first guitar when I was 12. And it was my grandparents who got it for me. It was a classical guitar, and it took me forever to learn because the neck was so wide. When I was 15, I started to write stuff and I got the hang of it.

I actually drive a city bus in Saskatoon just for the summer. What I want to do eventually, I change my mind every year. This year it's marketing. Next year, it could be chicken farming.

When I work as a bus driver, I get all the crappy routes. I sometimes get the number two. It goes down 10th Street and that area of Saskatoon. It's not the most joyful route.

Ellerman is a young Saskatoon woman who already knows that there are strengths in numbers.

The 21-year-old singer-songwriter is con-

By Andrew Matte

Caila Ellerman is a young Saskatoon woman who already knows that there are strengths in numbers.

Ellerman was given her first guitar at 12

I like stuff like Jack Johnson and other acoustic singer-songwriter stuff. I am definitely more serious about music now. I was writing music right up until I was 18 but I didn't start playing at open mics and in public until a couple of years ago. I had always been a closet musician. So now that I'm out there, I absolutely love it. I get a total rush when I play music in front of a crowd.

These days, I'm working more as a band and moving from the singer-songwriter. I like it because I have people I can bounce ideas off of. For instance, one of the guys can say "hey, I have a great idea for this bass line." I think that's great because these are ideas I wouldn't have thought of. They are ideas that make the song better.

of making a debut album. See, albums, she works at a city bus driver in Saskatoon and is hoping for a job as a graphic designer.

To listen to her music, visit [www.reverbnation.com/cailellerman](http://www.reverbnation.com/cailellerman), or follow her on Twitter at @cailellerman and @wrestlestein.



Saskatoon singer-songwriter Caila Ellerman holds a photo copied sheet. She is wearing a photo copied dress. She is holding a photo copied guitar. Photo by Michelle Rempe / PHOTO ILLUSTRATION BY KAREN PHILP

# EVENTS

## # MUSIC

**Thursday, Aug. 16**

**Undercover Pixies**  
Crackers Restaurant and  
Lounges,  
#11-221 Pritchouse Dr.

**Depeche Mode**  
Beds on Broadway,  
811 Broadway Ave.

**Majestix Circus w/ Meese King**  
Amigos Centre,  
632 10th St. East

**Friday, Aug. 17**  
**Stack in the '80s**  
Buttons on Broadway,  
811 Broadway Ave.

**Met Van Dale**  
Army & Navy Veterans Club,  
329 First Ave. North

**The Rhythmhearts**  
Fairfield Senior Centre,  
162 Fairmont Court

**Nellie Weston**  
McNally Johnson,  
3700 Eighth St. East

**Old Man Carter w/ Kirby**  
Cribbie  
Amigos Centre,  
632 10th St. East

**Ja'Marras**  
Pippy's Pub & Grill,  
14234 104th St. North

**Tori Ann Stromgren**  
Stairs Place,  
106-110 Ruth St. East

**Saturday, Aug. 17**

**Bonnerup**  
Beds on Broadway,  
811 Broadway Ave.

**Lou Rastegian**  
Mutant & Lotion,  
3201 Louise St.

**Met Van Dale**  
Army & Navy Veterans Club,  
329 First Ave. North



Jessie J performs with Embrey/Chevalier/Christina Garside, will perform Sunday at Credit Union Centre. (JIM MCNAUL)

**When 'n' Wood**  
Mutant & Lotion,  
310 10th St. East

**Old Man Carter w/ The**  
Cribbie  
Amigos Centre,  
632 10th St. East

**Bomb Angel and The Shaky**  
Elevators w/ 'The Lucy Mix'  
and The Unbelievable Ber-

**Giggle**  
Amigos Centre,  
632 10th St. East

**Sunday, Aug. 17**

**Pippy's Pub & Grill**,  
14234 104th St. North

**Tori Ann Stromgren**

**Saline Garside w/ Embrey**  
and Christina Garside,  
Credit Union Centre

**2013 Thatcher Ave.**

**Les Ringtonton**  
Patrice Lepron,  
3021 Louise St.

**Blues Jam**  
Vangella Tavern,  
801 Broadway Ave

**Monday, Aug. 19**

**Three String Petties**  
Beds on Broadway,  
811 Broadway Ave.

**Tuesday, Aug. 20**

**Three String Petties**  
Beds on Broadway,  
811 Broadway Ave.

**Wednesday, Aug. 21**

**Three String Petties**  
Beds on Broadway,  
811 Broadway Ave.

**Johnny Breeches Record**  
Club  
Vangella Tavern,  
801 Broadway Ave

**B.A.T.**

**Mendel Art Gallery**  
Until Sept. 14 at 103 Spadina  
Cres. Entit. *The Automobile*:  
Revelation Montreal 1941-  
1960, featuring works by Jean-  
Paul Riopelle and Paul-Émile  
Bergeron. *An Art in the Mirror of*  
*Light*, by Eliz Bernick. *Sheena*  
*Saskatchewan*. *The Art Scene*  
1944-1964, featuring Stanley  
Ernest, Arthur Miller and Otto  
Rappo. *Leaves from the Woods*  
by Shirley Taylor. *The*  
*Artists by Artists* exhibition.  
Altered States. Features work  
by Cole Poirier and his mem-  
ber-in-lieu. Drop into the  
gallery for free family fun every  
Sunday from 2 p.m. to 4 p.m.

**SCMP Art Gallery**  
Until Aug. 26 at 253 Thirdave.  
Entit. *Yuan Yuan (Nobilia)*.  
Exhibition 2013. Originally from  
China, the series art is a method  
of finding peace with respect  
and cultural differences.

**Affinity Gallery**  
Until Sept. 29 at 203 Broadway.  
Entit. *Two Perspectives*.  
Painter Karen Holden and  
ceramic artist Mir-Belen Inter-  
pret and endorse the powerful  
landscapes of Saskatchewan  
through paint, canvas, clay  
and stone. A reception will be  
held Aug. 16, 7 p.m. to 9 p.m.

**The galleryArt Place**  
Until 23 or 2521 3rd Ave.  
Entit. *After Hours*. A staff  
showcase works by Melodie  
Brand, Robert Christie, David  
Dyck, Hugh Halligan, Jeannine  
Ferranti, Lynne Gishen, Alice  
Halmshaw, Cameron McKee,  
Lori Nicholai, Karen Pollock  
and Joshua Maule.

**The Gallery, Fredericton**  
Public Library  
Until 21 or 2313 3rd Ave.  
Entit. *Birds of a Feather* by Ken

en-Park-Thompson explores  
the similarities of the human  
condition with the natural  
world through animal imagery.

**Dunduff's Footwear**  
Until Aug. 20 at 252 Second  
Ave. *North Works* by Jaceen  
Plethora. Features mixed  
media acrylic on canvas  
abstraction.

**Perthshire Centre**  
Until Aug. 31 at 910 Gropper  
Cres. *Time, Marks & Friends*.  
group show featuring a  
variety of mixed media in a  
variety of subjects.

**Gallery in Third, Westman**  
Until Sept. 31 at 103 Third Ave.  
Entit. *Westman Spirit of the*  
*Times*. It features art about  
times in all their variety.

**Gallery on the Bridges**  
Through August at the Astoria  
at Saskatoon City Hospital.  
Lenthehouse watercolours by  
Patricia Clarke on the third  
floor. Landscapes and cityscapes  
by Shirley Taylor on the  
fourth floor and acrylics and  
oils on canvas by Moe  
Oftabar on the sixth floor.

**Statler Arts Centre - Des-  
torm**  
Through August at 701 Rail-  
way Ave. *Architectural Evolu-*  
*tions of the Imagination* by Ira  
House.

**Manitoulin Valley Centre**

**Gallery**  
Through August at 403 Third  
Ave. *South the Four Seasons*  
at Hwy's Edge by Carol  
Schuler. This show is a collec-

**Watrous Library**  
Through August at Watrous  
Art with a Summer Theme.

**Western Development**  
Museum  
Until Sept. 2 at 2510 Lorne

**Ave. South Love Birds by Kim**  
Adams. The sculpture exhibit  
playfully reimagines everyday  
minerals, farm machinery,  
chain links, automobile parts,  
toys and model train parts  
transform into fantastical worlds  
and imaginary landscapes. It  
is presented in collaboration  
with the Mendel Art Gallery.

**Okanagan Museum of**  
**Caveats**  
Until Sept. 2 at 910 Spadina  
Cres. *East: Three Generations*  
from the collection. It features  
an eclectic mix of fine and  
folk art, textiles, apparel,  
woodcarving, oilcloth and  
mixed media works from the  
museum's collection.

**Seamer's Hair Piece**  
Until Sept. 3 at 3135 Con-  
nichuk. The Saskatchewan  
landscapes, painted by Amy  
Mendel.

**Black Spruce Gallery**  
Through September at North-  
side Antiques on Highway 2  
- Lakeland, a group show by  
gallerist artists. Wildlife, lake  
scenes and forest scenes with  
the Lakeland and forest forest  
as major by 10 gallery artists.

**Defenders Canada Centre**  
Through December at 101  
Defenders Rd. *Touch the Sky*  
The Story of Avia Canada.  
This in-house produc-  
tion highlights the contributions  
to history and the environment  
surrounding the Avia Arrow,  
and focuses on the history  
and accomplishments of Avia  
Canada.

## # SPECIAL EVENTS

**Saskatoons Summer ROMMS**  
Thursdays, until Aug. 26, 7  
p.m. to 9 p.m., at Third Avenue  
Centre, 304 Third Ave. North.  
Performances by local music-  
ians. Prom in Night of Song,  
Aug. 16, featuring Chetola.  
Manan. Visit [www.thethirdavenue.com](http://www.thethirdavenue.com).

**What you need to know to plan your week.**  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

**Folkfest 2013**

Ast. 10-17 at various throughout Saskatoon. Three days of entertainment, food and culture from all areas of the world.

**Western Night**

Ast. 11, 7:30 p.m. and 9:30 p.m. at the NiteNite Lizzlies, 3301 Louise St. A Legion fundraiser. Live music by Las Barringtons. For information or advance tickets call 306-374-6393.

**Yard and Home Walking Tour**

Ast. 24, 7:30 p.m. at St. Andrews Presbyterian Church, 440 Spadina Cres. East. Presented by the Gethin Rental Series. Presidents Clio Anne Lowman and Kathleen Lehrke will guide performers down the walkways by Barber, Ravel, Schubert, Welser and Kurt J. An evening talk will be held at 6:45 p.m.

**One Man, Two Pianos, Paul Harrell**

Ast. 25, 7:30 p.m. at St. Andrew's Presbyterian Church, 440 Spadina Cres. East. Presented by the Gethin Rental Series. Presidents Clio Anne Lowman and Kathleen Lehrke will guide performers down the walkways by Barber, Ravel, Schubert, Welser and Kurt J. An evening talk will be held at 6:45 p.m.

**Evening Under The Stars**

Ast. 25, 6:30 p.m. at Whistlers Sports Centre. A fundraiser for St. Paul's Hospital Foundation. The music of Queen accompanied by the Saskatchewan Symphony Orchestra and Jeans 'n Classics on an outdoor stage, with Niagara live and studio 54, bring your own seating.

**Canning Workshop**

Ast. 26, 6 p.m. to 9 p.m., at the Station 20 West Kitchen. Canisters will pickle and brine frozen bread & butter pickles. All supplies are provided.

**U of S Campus Tour**

Sundays and Wednesdays in August, 1 p.m. departing from the Diefenbaker Canada Centre, 101 Diefenbaker Pl. Free Walking Tours of University of Saskatchewan Campus. Ast. 10. Agriculture, Ast. 21 and 22. Alumni. For information or to reserve a seat, call 306-966-8354 or email [sasatcampuswalks@usask.ca](mailto:sasatcampuswalks@usask.ca).



Dancing divas at the Caribbean Pavilion are part of the Saskatoon Folkfest event which runs Fridays-Sunday at various throughout the city. (Phil Hedges)

**Live at Lunch on Broadway**

Saturdays through August, 11:30 a.m. to 1:30 p.m. at Victoria School's Little Theatre Stage. Showcasing local musicians and bands.

**# THEATRE****Chicago the Musical**

Ast. 19, 20 & 21, Aug. 26 to Sept. 1, 7:30 p.m. Wednesday to Saturday and 2 p.m. on Sundays at the Royal Saskatchewan Playhouse. An old fashioned musical with a twist. TV's 1944 and American singing cowboy Tex Willer is here for a special break-up on the BBC. In London, out of desperation, pin-up girls whenever they can and show him a man's stage.

Shakespeare on the Saskatchewan Thurs. to Aug. 29 at the Shakespearean site along the river. This comedy of Errors is a family-friendly comedy.

of intaken identities. Macbeth is a bold and bloody revenge tragedy.

**# SPORTS****Second Annual Golf 'Fore' Autism Tournament**

Ast. 15, registration at 10:30 a.m., tee off at 1 p.m., at Meadowlawn Golf & Country Club. A skill level A, skill dinner, awards and competition and a silent auction will follow the tournament. Proceeds support Autism Services of Saskatchewan.

**Thoroughbred Racing**

Ast. 16-17, 7 p.m., at Marquis Downs, 1003 Ruth St. WTB packages from Thoroughbred and Jemosta.

**Rugby Thrills**

Ast. 17, 8 p.m. to 10 p.m., M. Auto Closing Motor Speedway, Didsbury, Alta.

competing are Thunder Stocks, Super Trucks, Mini Stocks and Street stocks.

**PotashCorp Soccer Kids In The Park**

Mondays to Fridays until Aug. 22 at city of Saskatoon playgrounds and youth centre sites. Presented by Saskatoon Youth Soccer Inc. A drop-in summer program for ages four to 16. For a schedule visit [saskyouthsoccer.ca](http://saskyouthsoccer.ca).

**Meekay Skimmer Basketball Camps, League and Tournaments**

Duris 16-Aug. 25 in Saskatoon. Offered by Young Athlete Saskatchewan. Camps are headed by retired skimmer and school principal Dennis Hall. For youth ages eight to 16 of all levels of athletic ability and experience. Visit [www.yas.ca](http://www.yas.ca), call 306-242-3223 or email [meekay@shaw.ca](mailto:meekay@shaw.ca).



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# ON THE SCENE

# SASKATOON EX



# ON THE SCENE

4. Tanya Aslam and Abdallah Qayum ride the Scrambler.



5. Izetta Browne, Destin Laham and Suzan Leheno



6. Jaya Neufeld enjoys the bungee trampoline jumper at the Ek.



7. Sam Marks and Austin Butler wait in line with their squid hats at the Ek.



8. Sierra Smith and Adrianna Smith ride the Vertigo



9. The Crawdadidios Brass Band



## # CROSSWORD

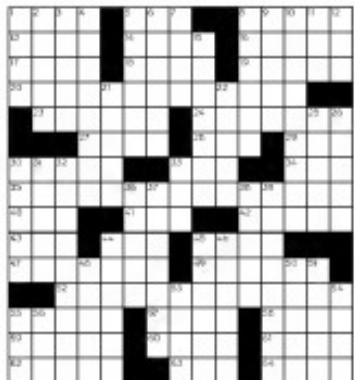
NEW YORK TIMES Puzzled by Will Shortz

## ACROSS

- 1 Lesser-known  
5 Undeped  
8 Vacuum cleaner brand  
13 Queen in "The Three Musketeers"  
14 U.S. city named for a three-letter state  
18 Let off the heat?  
17 Self-referential in  
audience appeal  
19 ... too (casual fit)  
21 Asia  
23 Many simultaneously have  
three lives  
25 Gray's novel  
26 Skunk  
27 In the news media  
28 Crossed  
29 Goliath's spear  
30 Octopus' mother  
34 Alice  
35 What four bells may  
let you do  
46 Fit  
47 Ambler  
48 Claude connoisseur  
49 Album #1, officially  
"Incredibly"  
50 Leisure or leisure  
51 French Bell Recital  
52 Some like it hot  
53 Gossamer web for  
bells (one clattered here)



- 55 Vinyl competitor  
57 Investigation motivation  
58 Every occurrence  
59 Some like it hot  
60 Song one rock bands  
61 ...  
62 Whistling Bell Blues\*  
completer Laura



PUZZLE BY WILL SHORTZ

- 1 Julie ... (part of TV's "Up Front")  
2 Hobo (not for dreams)  
3 Dromedar's first off  
4 Marlene's last  
5 Marlene Louise's  
  
DOWN  
1 Honey-cane  
2 Message  
3 Helmed  
4 Highly mysterious of  
state  
5 Smooching  
6 Exercise  
7 Baby-sitter, maybe  
8 Nonstop one, Jr.  
Hansel  
9 Handicraft  
10 Impa-cation  
11 Tuna dinner (Getes)  
12 Early bird?  
13 Love hope  
14 Tourist  
15 Attic room  
16 Greek revolt  
17 Inventive o.p.  
18 Handi symbol for  
the disabled  
19 Oval tea-pot  
20 Shady, unscrupulous  
21 Green Glass (Hill side)  
22 Greenroom (on)  
23 General Mills offering  
24 Plate today  
25 Discourse  
26 Headlined (not all)

|   |   |   |   |   |   |  |
|---|---|---|---|---|---|--|
| 7 | 8 | 6 | 9 |   |   |  |
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| 3 | 5 |   | 9 | 4 |   |  |
| 8 | 4 | 5 |   | 6 |   |  |
|   |   | 3 | 2 | 7 | 8 |  |

# JANRIC  
CLASSIC  
SUDOKU

## Level: Bronze

Fill in the blank cells, using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver (moderate) to Gold (hardest).

## # RECIPES

## Toasted Parmesan tomato bread



Toasted Parmesan tomato bread\* AP Photo

By J.M. Ettinger

Obviously the season has a role in this, but lately I've found myself craving bread and fresh tomatoes.

It was a combination with a history for me. When I was a kid, my go-to summer sandwich — and I always made it for myself because I was the only one who could make it right — was slabs of whole-wheat bread smothered thickly with Mottles Whiz and topped with banks of extra-sharp cheddar cheese and a single, thick slab of tomato. The slab had to be at least 1 inch thick and had to be cut from the center of the fruit. No seeds or tops, please.

It was heaven. Rich and creamy and sharp and tangy. To this day that sandwich remains a comfort food. It returns to my mind around midday.

By the time I'm a mom, my family had moved to Germany and weekends were spent driving around various parts of Europe. We ended it eating our way through the continent, for dining and planning on dining out to escape much of our time. But no matter where we were, bread always followed the same template.

We'd stop at a small, local bakery and get a heavy loaf of rustic bread. Then we'd go to a deli and buy meat and cheese. After a long day of travel, we'd return. Then we'd eat a park or eat at home with our meal, tearing off chunks of bread, dabbing them with meat and dipping them with melted chunks of cheese and slabs of tomato.

As repetitive as that sounds, it remained a wonderfully delicious way to explore the different cuisines. The breads and cheeses are as much between regions and countries

Now that I'm an adult and have a child of my own, I don't find myself wandering the grocery store for meat and cheese. I'll often

skip to happy hour to get out to a movie tent and then eat extra carbs — particularly the type of ones the simple pleasure of bread and tomatoes. So I decided to create a grown-up version, one with pesto and rosemary.

But the flavor, as it should be, remains on the bread and tomatoes.

TOASTED PARMESAN  
TOMATO BREAD

Start to finish: 25 minutes

- > Servings: 4
- > 4 cloves garlic, minced
- > 1 large sprig fresh rosemary, finely chopped
- > 1/2 cup olive oil
- > 1/2 teaspoon kosher salt
- > Ground black pepper
- > 4 large, thick slices sourdough bread
- > Large mushrooms
- > Jarred pesto

Preheat the oven to broil.

In a small, shallow bowl, combine the pesto, rosemary, olive oil and black pepper to taste. Mix well so the back of a heavy spoon is smudged with the pesto and rosemary together to form a paste. This can also be done using a mortar and pestle or mini food processor. This will keep for up to two weeks if stored this way.

I like to spread a quarter of the mixture over one side of each slice of bread.

Get 3 inches thick slabs out of the centre of each loaf. Reserve the tops and bottoms of the loaves for another use. Set slabs out over each piece of bread. Sprinkle some of the Parmesan over the tomatoes on each slice. Set the nr handles lined up on a baking sheet and broil on the oven's broil rack until the cheese is just starting to brown, about 2 to 3 minutes. Serve immediately.

This recipe is 97% fat-free.

Solution to the  
Janeric Sudoku  
found on Page 23

# ASK ELLIE

## No support for spouse who has been left by gay husband

**Q** A good friend of my son's has been living a secret life. They're in a same-sex partner, and she left with their kids in a postsecondary school. He's since moved to a truck dealership and she's had to pack her things. Her name is "peaceful" Ellie.

He pays for nothing they've got to eat anymore, but, shockingly, there aren't support groups for former spouses. There's loads of help for people coming out of the closet, but none for spouses. Any suggestions? I'm hoping she gets legal assistance.

### A Friend

A Being supportive is helpful, but being overly judgmental is not.

The immediate issue is her need for financial help. The father's responsibilities regarding helping him with post-secondary education, and/or living expenses until they're employed, don't get raised. So encourage her seeking legal assistance to secure his financial involvement.

For the emotional impact on her, a support group would be very helpful. I'm assuming she or you already contacted local gay

### Ask Ellie



associations, and also searched the internet for such support groups for former spouses.

I'm hoping readers can send me any information on where these might be found.

Miraculously, she should get involved and continuing to handle her father's anger and hurt, plus tons of selfless behavior. However, having friends feel her anger with negativity about how she deserted her "peaceful" life is counterproductive.

Finally, her "secret" life wouldn't have been a model/motivational torment. Even if you cannot currently say anything for him, do remember that four young adults — his children, are still hurting and don't need their

mother more worked up against their father by her friends.

**Q** I've endured endometriosis, two about pains and last summer from my spouse: I believed in him and his plan for retirement because we have four children.

I was never told anyone — no friends, family or children. They only see us as a heartless person who doesn't care about their friend/best father.

For many years, I haven't wanted anything to do with him. We're here to counseling repeatedly, but it doesn't work. I've never loved him, though he says he loves me. His actions speak louder like become comfortable with me being a cook cleaning up his problems solver/handyman and, worse, a "service" provider.

I continued to stay with him because the children needed me, but it was awful and lonely existence.

Everyday he comes home and behaves as though I am invisible. He doesn't talk to us about anything. We currently have a huge polarity among, legal and has a great sense

of humor. He's kind and respected by everyone around me.

Anyways in similar circumstances should treat their husbands and have before the situation becomes worse.

**Rivington Mastery**  
A Though you've told your story in order to reach out to others who write and/or read this column. You musting out to you.

No one has to consciously accept a life of misery; when many other choices — though arduous difficult — do exist. Children see through an environment, where they think their mother as "beautiful" and caring about their father isn't better for them, either. Get counseling with your own care, where you can probe ways to improve your life.

It's not always the big step of leaving that's the only choice. Re-evaluating your self-worth helps you make a better life but important changes — taking a course, pursuing an interest, paying off — makes a bigger difference than you imagine.

These steps not prepare you for the bigger decisions, as to when to

consider other options.

**Q** I'm 52. Four years ago, on an on-line dating website, I met the love of my life. However, she lives in Englewood. Despite that, we've made very happy, but her relationship.

We've met twice and are planning another meeting soon, but would like to make it more permanent. We've discussed my moving to be with her and looked up different overland websites, but there are many different visas required.

I cannot bear the thought of not being with her long term. What's the best, quickest, and easiest way for us to make this happen?

### Long Distance Love

A Your home countries have their own strict immigration laws. You both need to do a search beyond for instant answers.

Decide together which country you're most likely to choose, and what your prospects are for getting jobs, a home, etc. Then talk in person as an immigration officer or lawyer to get knowledge you can discuss.

Good Milk  
Smart Groups  
Milk is Good  
Breastfeeding Matters

# Next week in BRIDGES

Breastfeeding advocates and experts like Johanna Bergerman extol the health benefits for infants and mothers

# SHARPEATS

See a food trend you think deserves a highlight in Bridges?  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)  
or visit Bridges on Facebook.

## # SASKATCHEWAN FOOD TRENDS

### Top six ways to enjoy Sask. cherries this summer

By Jenn Sharpe

It's cherry season and August is the perfect time to celebrate the beautiful and versatile Saskatchewan cherry in all its glory. Thanks to researchers at the University of Saskatchewan Fruit Program, the province boasts a variety of cherry cultivars (Carondelet Jewel, Crimson Passion, Romeo, Juliet, Copia and Valentine) that local farmers and entrepreneurs have been putting to good use. The following is a list of the best ways to enjoy cherries this month. And don't forget to check out the town of Thruxton for its annual cherry festival on Aug. 18.

#### NUMBER 1: IN A CHOCOLATE BOWL

Cherry & Berry Delight from Blame Loko sells a decadent Bûche & Hörse chocolate bar filled with sour cherries sourced from Heavenly Hills Orchard. It's good for you because it's dark chocolate! The company has a variety of other products, from a spread to a syrup, all made from Carondelet Jewel sour cherries. The products are presented at the U of S Real Centre. Currently only available at Blame-Made Marketplace in Saskatoon, owner Monica Brank is expanding the company.

#### NUMBER 2: AS AN AFTER-DINNER DRINK

Loring Skyy Water's newest tasting port-style wines are made from the Romeo and Juliet cherry cultivars. The Romeo & Juliet cherry dessert wine and port are both ideal accompaniments to dessert (specifically chocolate) or the patio. Find at the Saskatoon and Regina Farmers' markets and at select restaurants in both cities.

#### NUMBER 3: DEBRED

The best dehydrated cherries come from HBC (Hercy Avenir Gourmet). In Imperial, Sask., Big and flavorful, they're not full of artificial sugar or preservatives. Eat them raw or cherries right from the bag, sprinkle on yogurt for breakfast or add to baked



(Clockwise from left) Cherry & Berry Delight's Sour Cherry & Dark Chocolate bar is best enjoyed with a few cherries served alongside. (From L to R) Heavenly Hills Cherry & Bûche & Hörse chocolate bar; Diver the Refreshing Prairie Cherry Tappling; Prairie Sun Cherries sour cherry tappling. ■ PHOTOS/PHOTOS BY MICHELLE SERG

#### NUMBER 4: IN AN ICE CREAM SUNDAE

Nothing beats vanilla ice cream with Prairie Sun Cherries Sour Cherry Tappling's hot fudge sundae. If you're in Saskatoon, you can try some of the Veganos sour cherry sauce at Vegan Ladings' Prairie Tap shop (it's also sold at the Saskatoon Farmers' Market).

#### NUMBER 5: ON YOUR TOAST

Over the Hill Orchards makes sweet and slightly spiced granola—though the best of which is the Prairie Cherry spread, made from Saskatchewan's own Sour Cherries. Perfect for toast, it has less than half the sugar



nothing but pure and the ingredients are even organic. Available at Regina and Saskatoon Farmers' markets, Sask Made Marketplace and online at [www.orchardsbyoverthihill.ca](http://www.orchardsbyoverthihill.ca).

#### NUMBER 6: AS A BREAKFAST SHOOTER

The health properties of SaskCherry cherries are extensive. Research has shown that sour cherries pack an anti-inflammatory and anti-oxidative punch. Aunt Mary's Gourmet Cherry Juice from Berryday Prairie now features a 100 per cent cherry juice. With no added sugar or water, it is packed with pulp but a shot is the swearing is a great way to kickstart the day. Try it again at night because the juice is also high in melatonin which helps promote sleep patterns. Available from SaskMade Marketplace in Saskatoon and Old Towne Foods in Regina.



Prairie Sun Cherries sour cherry tappling. ■ PHOTOS/PHOTOS BY MICHELLE SERG

## BRUNO CHERRY SUNDAY

Aug. 18 in Bruno (90 km west of Saskatoon)

This annual festival is held in Bruno's beautiful and historic grounds of the former Ursuline Convent, now called the Prairie Ursuline Centre. In 2000, the University of Saskatchewan horticulture department used the site for a demonstration orchard for dwarf sour cherry trees. These trees were developed for the province's harsh growing conditions. The festival evolved as a way to promote and celebrate the new sour cherry varieties. The 65-acre grounds are currently home to over 10 000 cherry trees.

- Free admission
- 7 a.m. cherry U-pickopens
- 8 to 11 a.m. pancake breakfast with sausages and cherry syrup
- 11:30 a.m. children's race (swimming, burgers, cherry-infused smokies and shiny surfaces with Bruno Cherry Sauce and Jerry's Artisan Ice Cream)
- 11:30 a.m. presentation stage begins with hourly talks on fruit growing and cooking with sour cherries
- Visit artisan vendor booths & enjoy children's activities and local entertainment throughout the day

# GARDENING

# SARA WILLIAMS

## Saskatchewan horticulturist honoured

By Bernadette Vangoel

The Saskatchewan Agricultural Hall of Fame has recognized agricultural leaders for 21 years. Honorees have made significant and outstanding contributions to the welfare and improvement of agriculture, and to a better way of life for the farmer and their families on the land.

This year's induction ceremony was held on Aug. 4 at the Western Development Museum. Bern Williams was recognized for her years of work promoting horticulture and gardening in both urban and rural Saskatchewan.

Although Williams came to horticulture relatively late in life, her tenure of work is impressive. She earned a Bachelor of Science in Agriculture from the University of Saskatchewan in 1987 and later completed a number of science degrees in agricultural extension. From 1988 to 2001, she was the U of S extension specialist in horticulture where she developed programs to support Saskatchewan gardeners and the horticulture industry. She brought courses and workshops to rural Saskatchewan through correspondence but mostly through outreach and actual person-to-person workshops in rural communities — a rarity these days.

During her time at the U of S she wrote her award-winning book *Crossing the Prairie Renaissance* which was updated and revised in 2013 to include a much expanded section on horticulture and more extensive list of agricultural grants.

"The generic term of 'organic gardening' has been used by many Prairie gardeners for years. They include water conservation, improving soil quality, reducing lawn, seeds and using drought-tolerant grasses, efficient irrigation, paper mulching and appropriate plant selection," says Williams who gardens on the series of sand near Saskatoon with minimal irrigation.

Even though she retired from the university, she continues to visit

both urban and rural areas for speaking engagements. Williams usually provides some workshops during Hortweek at the U of S and, with Hage Blaner, has written several books, the most recent being *Gardening Naturally: a chemical-free handbook for the Prairie*.

Closer to home, Bern was one of the founding members of the Saskatchewan Horticultural Society and has contributed greatly to its success over the last 20 years. She writes articles for our weekly column in a regional newspaper and often gets called upon to give presentations for our winter technical meeting.

By Williams' request, there were three honorees. In the early 80s she joined the Peace Corps and worked in Tanzania as a teacher. Tanzania is a country that has never left her heart — Williams' leader decided supported the Canadian Horticulture Education Society. One of the society's goals is to improve education areas for rural Tanzanian girls by providing them with scholarships. Williams, with the generous help from friends, acquaintances and complete strangers, has raised enough money to construct a hostel complete with a large kitchen garden for 10 girls attending secondary school.

The Saskatchewan Horticultural Society was proud to have succeeded her as this prestigious award and thank the Saskatchewan Horticultural Society and the U of S Centre for Distinguishing & Distinctive Education for recognizing the nomination.

The other three recipients were Lorne Bell, who recognized his leadership in numerous successful ventures, Research Way for his work in the canola industry and Gordon Headland for developing improved canola varieties.

This column is provided by the Saskatchewan Horticultural Society.

### ANNOUNCEMENTS

Aug. 17, 9 a.m. to noon. Labour & Leisure at the Robin Smith Meditation Garden and Park. Lots of goodness made for a short walk see: Bring



Awarded: Bern Williams was recently inducted into the Saskatchewan Agricultural Hall of Fame. (Saskatchewan Phoenix)

your own tools, mosquito repellent and water to stay hydrated. Meet at the Robin Smith Meditation Garden and Park. Lots of goodness made for a short walk see: Bring

inspired by your neighbours. You'll see other home-growing intensive gardens, solar homes that produce their own heat and electricity and persuasive inaction Spaniards are floating gardens, Earthhouse Bed and Breakfast.

**Erin and The Better-Goal**  
Gardener is open for the season. Call 306-966-9555. Long-distance charges apply Monday to Thursday. Or send your questions to garden@regional.ca.

# WINE WORLD

# VINO VERDE

## Give these light and sunny Portuguese whites a try

By James Romanow

A couple of weeks ago, at a cocktail party during the Festival of Words in Moose Jaw, I introduced, or more likely re-introduced, a handful of whites to vino verde, the light white wine from Portugal.

It's one of my favorite白 wine wines, not least because of the sprightly, tangy, lemony character, and also because of the very light alcohol content. Both characteristics make the varietal of the best sparkling wines in the world. A glass of this stuff will you feel refreshed and ready for more complex dishes and wines.

Afterwards you can drink it in the Pisco garage (or in a non-alcoholic form) or else you had an off-the-top moment in a bar, in sunlight when in Lisbon, and sampled that pretty much all those times. There are however — 31 per cent, indeed by volume (ABV) — varietals that try for more gravitas, but I have never ever seen one pre for the lighter varietal, what the hell you say? All I've had are fizzy ones (or if you prefer the French pétillants with a natural carbonation). They aren't as bubbly as a soda or a full carbon sparkling wine but have a degree of carbonation that adds to the lightness of the wine.

There are two here, and there both display the contents. Good, the mildly higher version (\$9 per bottle ABV) with a bright citrus attack. Twin Vines is slightly stronger (10 per cent



ABV) and finds a little more carbonation.

Regardless, both are great summer wines, wonderful with a salad, a sandwich or just sitting in the sun. At this price, try both and pick a favorite.

Twin Vines Vinho Verde Portugal \*\*\*  
Giesta Vinho Verde Portugal \$11 \*\*\*

More white wine reviews in Monday's Star-Phoenix or @drbeast on Twitter.

## Crossword/Sudoku answers

|         |      |         |
|---------|------|---------|
| SKID    | ICM  | MILLE   |
| ANNE    | END  | UNPE    |
| META    | TIME | GOWD    |
| PAM     | SAC  | SIGNS   |
| DORIAN  | POLE | AT      |
| ZEPHYR  | LINE | OBST    |
| CHASE   | RIA  | PUGO    |
| WALET   | OF   | STASKE  |
| ARE     | SEE  | OLLIER  |
| PIS     | SEE  | CAMP    |
| SEAFORT | ARE  | ALIA    |
| MODOR   | FON  | SCARBLE |
| REINA   | CATE | RAIND   |
| MASH    | NMR  | CHOMA   |
|         | SOS  | KOMA    |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 8 | 3 | 6 | 9 | 4 | 1 | 5 | 2 |
| 4 | 5 | 1 | 8 | 2 | 3 | 6 | 9 | 7 |
| 9 | 2 | 6 | 5 | 7 | 1 | 3 | 8 | 4 |
| 5 | 1 | 2 | 9 | 8 | 7 | 4 | 3 | 6 |
| 3 | 9 | 8 | 2 | 4 | 6 | 7 | 1 | 5 |
| 6 | 4 | 7 | 3 | 1 | 5 | 8 | 2 | 9 |
| 2 | 3 | 5 | 7 | 6 | 8 | 9 | 4 | 1 |
| 8 | 7 | 4 | 1 | 5 | 9 | 2 | 6 | 3 |
| 1 | 6 | 9 | 4 | 3 | 2 | 5 | 7 | 8 |

## 'TOON TIME!



### Free Community Campus Tours

Summer 2013

University Walkup Tours of the University of Guelph-Humber's Campus

Suitable for all ages, this 1.5 hour tour highlights the university's story, innovative advancements and an que architecture. Tours run every Wednesday and Sunday August. Bring the family to the lobby of the Dietrichsauer Canada Centre at 1 p.m.

## NEW! Themed Tours

August 18 - Agriculture: Explore the importance of agriculture from its history to modern global innovation

August 21 &amp; 25 - Science: What to design and build to compete with some of the university's most notable Alumni!

Customized tours are available upon request for not-for-profit and community groups.

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Please contact us for more information or to reserve your spot:

Email: [elcomm@uoguelph.ca](mailto:elcomm@uoguelph.ca)

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